



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday

202208024

## Ayushman scheme

### **Ayushman scheme: Punjab's nod to Rs 100 cr for PGI, govt hospitals (The Tribune:20220804)**

<https://www.tribuneindia.com/news/punjab/ayushman-scheme-punjab-nod-to-rs-100-cr-for-pgi-govt-hospitals-418537>

Two days after the Post-Graduate Institute of Medical Education and Research (PGIMER), Chandigarh, discontinued the treatment of Punjab patients under Ayushman Bharat Yojana, the state Finance Department on Wednesday sanctioned Rs 100 crore for the PGIMER and other government hospitals.

Ayushman scheme: Dues unpaid, PGI halts treatment of Punjab patients

Finance Minister Harpal Singh Cheema said the department had sanctioned the amount for clearing pending dues of the PGIMER and other government hospitals in Chandigarh. “The previous government’s Health Minister had stopped the insurance scheme in December last year. So the dues were pending. We have sanctioned Rs 100 crore today,” he said.

Rs 300 cr approved in principle

The Finance Dept has in principle sanctioned Rs 300 crore, which is pending under the Ayushman scheme. Rs 100 crore will be withdrawn by the Health Dept on Thursday. It will then start releasing the dues to PGI and govt hospitals

Priorities misplaced

The government’s misplaced priorities have spelled trouble for the poor who are not in a position to pay for their healthcare. — Partap Singh Bajwa, CLP leader

It is shocking

It is shocking that patients are being turned away from the PGI and GMCH as the AAP govt has failed to clear the dues. — Daljit Singh Cheema, SAD leader

Principal Health Secretary Ajoy Sharma said, “The funds will be received by the government hospitals of Chandigarh in two or three days. However, it will take some time to settle the amount. We will start paying in proportion so that the scheme can be started.”

Meanwhile, the PGIMER today clarified that the institute had been “constrained” to stop the scheme benefit to beneficiaries from Punjab as the pending claims exceeded Rs 15 crore. “However, the patients from the state can continue to seek treatment at the institute by paying user charges or under other applicable welfare schemes, if so eligible with effect from August 1,” an official statement said.

The institute has also clarified that the decision to halt treatment under the scheme for Punjab patients came into effect after bringing the matter to the notice of the State Health Authority, Punjab, and National Health Authority, repeatedly on April 1, May 13 and June 7. “Later, the matter was even brought to the attention of senior government officers,” said the institute.

“The PGIMER accords patient care top priority and extends poor free treatment in deserving cases. It is reiterated that the PGIMER will continue to extend quality treatment and patient care to each strata of society,” said the official statement.

## **Medical Education**

### **Foreign medical graduates**

#### **Relief for final-year students, not the rest (The Tribune:20220804)**

<https://www.tribuneindia.com/news/editorials/foreign-medical-graduates-416906>

THE one-time offer drafted by the National Medical Commission (NMC) ends the uncertainty being faced by final-year Indian students of the undergraduate medicine course who left their institutes abroad due to Covid-19 or the Russia-Ukraine war. Those with a certificate of completion of the course can now take the Foreign Medical Graduation Examination, but upon qualifying will have to undergo a two-year instead of the existing one-year Compulsory Rotating Medical Internship (CRMI) to make up for the clinical training which they could not physically attend. They will be eligible for registration only after completing the CRMI. The relaxation has got the approval of the Supreme Court, which on April 29 had directed the regulatory body to find a way out after ruling against provisional registration for foreign MBBS degree holders to finish their internship in India without completing the clinical training in the physical form.

For the medical students of other batches who were evacuated from Ukraine, though, the NMC’s decision not to permit their transfer to any Indian institution comes as a setback. Scores of parents and students have vowed to intensify protests and move court, but many are already exploring options in countries such as Poland, Hungary and Georgia, that could entail additional expenses since the cost of education there is much higher than in Ukraine. The NMC affidavit lists the options available: Russia and Kazakhstan have offered the students evacuated

from Ukraine a chance to continue their studies, while the Kyrgyz National University has also communicated its willingness to offer help. The high course fee, however, is a dampener.

The careers of nearly 40,000 Indian MBBS students from Ukraine and China have taken a hit because of the war and the pandemic. While China has begun the process to facilitate the return of students studying in its universities, for the students from Ukraine, their nightmarish experience that began in February-end is showing no signs of ending.

## **Monkeypox case**

### **First woman patient is India's ninth monkeypox case, Delhi's fourth Of the nine cases, five have a history of foreign travel (The Tribune:20220804)**

<https://www.tribuneindia.com/news/nation/first-woman-patient-is-indias-ninth-monkeypox-case-delhis-fourth-418515>

First woman patient is India's ninth monkeypox case, Delhi's fourth  
Photo for representation. Reuters

India on Wednesday reported the first woman patient of monkeypox virus, a 31-year-old Nigerian national.

This takes the number of monkeypox cases in India to nine and in Delhi to four.

Kerala has the rest of the five cases.

Of the nine cases, five have a history of foreign travel.

The latest patient had fever and skin rash and lesions and there is yet no information on whether she travelled abroad recently.

She is isolated at Loknayak Jai Prakash (LNJP) Hospital in the capital.

Her samples were sent for testing to NIV Pune and results came today.

Meanwhile, an official source said the first monkeypox patient in Delhi was discharged on Monday.

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## **Surgery**

**Iraqi woman gets 3D-printed hip implanted at Delhi hospital  
Dr Surender Dabas said the use of 3D printing to reconstruct customised ortho implants such as the left pelvis in this patient's case 'is a leap in ortho-onco surgeries, including spino-pelvic tumours' (The Tribune:20220804)**

<https://www.tribuneindia.com/news/health/iraqi-woman-gets-3d-printed-hip-implanted-at-delhi-hospital-418507>

A 32-year-old Iraqi woman with a tumour in her left hip had a successful implant of a customised hip which was designed and 3D-printed at a private hospital here, doctors at the facility said.

“This was a complex procedure as the patient had undergone a prior surgery for removal of the tumour in the same place in Turkey. As a result, her left pelvis had a lot of scar tissues which made it difficult to re-explore. It took us 11 hours in total, four hours for tumour removal and another seven to re-construct and put the titanium implant,” said Dr Surender Dabas, senior director and head of Surgical Oncology and Robotic Surgery, BLK-Max Super Speciality Hospital.

He said the use of 3D printing to reconstruct customised ortho implants such as the left pelvis in this patient's case "is a leap in ortho-onco surgeries, including spino-pelvic tumours". It is expected that she will return to her near-normal unsupported gait around three to four months later, the doctors said.

Coronavirus vs. seasonal flu

Coronavirus vs. seasonal flu: Symptoms that can differentiate between the two infections (The Tribune:20220804)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-vs-seasonal-flu-symptoms-that-can-differentiate-between-the-two-infections/photostory/93320734.cms?picid=93320736>

The monsoons have surely granted us a period of relief from extreme heat and warmth. However, it has also brought along a wave of infections and viral illnesses.

Many cases of seasonal flu have emerged across the country, wherein people are reporting mild COVID-like symptoms. The similarities between the two respiratory illnesses have led to widespread confusion in the past and continues to cause uncertainty.

Having said that, it is important to know the difference between COVID-19 and seasonal flu.

Also read: Coronavirus: Study finds three types of long COVID; notes symptoms of each

Having a sore throat, runny nose, body aches and pains is no longer just a flu symptom.

With the Omicron infection, COVID symptoms have changed dramatically. While during the Delta wave, symptoms like high fever, persistent cough and loss of sense of smell and taste were among the most common COVID symptoms, the Omicron has given light to symptoms that are much milder and resemble a common cold or the flu.

Also read: Monkeypox: Patient shares horrific experience of developing 'large puss-filled bumps' on face

Both SARs-CoV-2 and influenza are respiratory viruses that are contagious and can affect your lungs and breathing. Patients infected with COVID or the flu can experience similar symptoms ranging from fever, cough, body aches, sore throat, runny/stuffy nose, muscle pain, headache and gastrointestinal issues.

However, COVID-19 can cause different complications from the flu, such as blood clots and multisystem inflammatory syndrome in children, according to the Mayo Clinic.

Furthermore, experts believe symptoms like loss of sense of smell and taste are specific to COVID-19, which was prevalent during the Delta wave.

According to the US Centers for Disease Control and Prevention (CDC), in the case of COVID-19, a person may experience symptoms anywhere from 2 to 14 days after infection, whereas a person with flu infection may experience symptoms anywhere from 1 to 4 days after infection.

Furthermore, most people with flu are contagious for about 1 day before they show symptoms. With COVID-19, experts are still looking into how long a person can spread the virus. But on average, people can begin spreading the virus 2-3 days before their symptoms begin, shares the healthy agency.

People can also continue to spread the virus 8 days after their symptoms begin.

## **Heart health**

### **From BP to BMI, these 5 numbers determine your heart health (Times of India:20220804)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/from-bp-to-bmi-these-5-numbers-determine-your-heart-health/photostory/93319467.cms>

The heart is one of the most delicate organs of the body and is associated with the highest risk. Very often we come across terms like heart attack, cardiac arrest, blockage, cardiac attack and similar terms.

Read: Study lists down vitamin B12 deficiency symptoms that ‘may not reverse’; supplementation may also fail to help

02/7We love from the heart, but we neglect it the most!

We love from the heart, but we neglect it the most!

Heart is the most talked about human body organ. Be it literature, poetry, a narration or a tale, we do talk about our heart, but when it comes to taking care of it we either lack proper knowledge or else ignore it completely.

Heart is the organ that keeps the body running. Without a healthy heart, it is almost impossible for a human body to function properly.

So if we can love from the heart, we should love the heart too!

03/7Blood pressure

Blood pressure

Among the 5 vital numbers which determine heart health, the first ranker is the blood pressure number. Medically, blood pressure is the force of the blood against the arteries. A typical blood pressure number comprises a systolic number and a diastolic number. Depending on the blood pressure of an individual it can be determined whether the person is having a high blood pressure or a lower blood pressure. The normal blood pressure is 120/80.

A blood pressure more than the normal range is considered to be lethal for the heart. It poses a greater risk for the heart as such high blood pressure puts a strain on the heart and the arteries while pumping the blood. This may weaken the heart in due course of time.

Yes, the weight and body mass index of an individual is directly related to heart health. This is the reason why health experts always advise us to keep a check on our weight and not let it cross the threshold.

A body mass index of more than 25 is considered to be overweight and needs to be brought under control in order to ensure a normal heart health.

05/7Blood sugar level

Blood sugar level

You wonder how blood sugar level affects your heart? High blood sugar level damages the blood vessel and the specific nerves which help in the functioning of the heart.

Due to high blood sugar level a patient is also likely to develop conditions like high blood pressure which further elevates the risk for heart.

06/7Cholesterol level

Cholesterol level

By now, you must have understood how important it is to know the cholesterol level when it comes to heart health. A high cholesterol level will narrow down the passage of blood thus leading to high blood pressure. In due course of time, the fats will accumulate and clog the blood vessels posing a potential threat to the heart health.

07/7Number of hours you sleep

Sleep is directly related to the heart. The number of hours you sleep is actually the time when your heart is taken care of properly. An adult should sleep for 8 hours in a day. So do not engage in other activities during bed time and make sure to create an ambience for sleeping.

## **Monkeypox**

### **Monkeypox: Patient shares horrific experience of developing 'large puss-filled bumps' on face (Times of India:20220804)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/study-lists-down-vitamin-b12-deficiency-symptoms-that-may-not-reverse-supplementation-may-also-fail-to-help/photostory/93299240.cms?picid=93299257>

Monkeypox cases continue to increase around the world. So far, there have been less than 20,000 cases reported worldwide. Despite fewer cases compared to Coronavirus, Monkeypox should not be underestimated as many patients have opened up about their unpleasant and horrific experiences of the disease. Therefore, it should not be taken lightly and preventive measures should be followed to avoid the disease in the first place.

Lake Javan, a Monkeypox patient from the United States has shared his symptoms on social media and encouraged everyone to not take this condition as a “joke” and get vaccinated.

To share his experience, Javan posted pictures on Twitter showing his swollen fingers as well as lesions on his face and chin.

Alongside the photos, he wrote, “So if anybody thinks monkeypox is like a joke - it’s sadly not.. pictures are kind of graphic but just to give you a real idea.” Javan added these photos did not show the lesions inside his mouth or the small ones on his arms.

He recalled how his symptoms began and then worsened. “Symptoms started last Wednesday: beginning with extreme chills. Next chronic fatigue and migraine level headaches and body pain. When it wasn’t chills, I was waking up in pools of sweat; during the sickness stage large puss-filled bumps formed on my face and on the inside of my mouth.” He added that due to Monkeypox, he has experienced “extremely high levels of pain.”

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03/6General symptoms of Monkeypox

In general, Monkeypox symptoms include fever, lymph node enlargement, headache and sweating. Other symptoms include muscle aches, backache, shivering and exhaustion. The rash breaks out in two to four days after the initial symptoms. These lesions can become painful with time. They will eventually scab and fall off.

The lesions occur mostly over the face. They also appear on other body parts including the palms, soles, and mucosa. They can also appear in the genital area. These can take about two to four weeks for recovery. Complications can occur for some people such as development of pneumonia, secondary bacterial skin infection, and visual loss due to eye involvement.

Read more: Study lists down vitamin B12 deficiency symptoms that ‘may not reverse’; supplementation may also fail to helpREADMORE

04/6How smallpox vaccine can help

Javan is encouraging people to get vaccinated against Monkeypox. Unlike the early stages of COVID-19 pandemic, there is a vaccination available which can protect people from Monkeypox. According to the World Health Organisation, vaccination against smallpox was demonstrated through several observational studies to be about 85% effective in preventing Monkeypox. So, if you had gotten smallpox vaccination in the past, you may experience milder illness.

In the US, two vaccines – JYNNEOS (also known as Imvamune or Imvanex) and ACAM2000 – may be used for the prevention of Monkeypox virus infection. In India, research is being done to find a vaccine against Monkeypox virus.

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05/6Monkeypox cases in india

So far, there have been eight cases of Monkeypox in India – reported in Kerala, 5, and Delhi, 3. All the confirmed cases in India so far have been found in young men. On Tuesday, a woman suspected to have Monkeypox was admitted to Lok Nayak, Delhi’s nodal hospital.

Union Health Minister Mansukh Mandaviya said in Parliament, “Eight cases have been detected in the country so far, of whom five have a history of foreign travel. They have travelled from Dubai or Sharjah.”

Read more: Bowel cancer signs: Why everyone needs to know about the 'BCA' signs that signals growth of tumourREADMORE

06/6Monkeypox do’s and don'ts

Amid the rising number of cases in India, the Ministry of Health and Family Welfare (MoHFW) has released a list of do's and don'ts for Monkeypox on its official Twitter handle.

Take a look:

Some of the signs include:

- Depression
- Irritability
- Diminished cognitive function (including memory problems)
- Psychosis

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04/7The link between vitamin B12 deficiency and Alzheimer's disease

Several studies have tried to establish whether low levels of vitamin B12 can cause cognitive deficits, leading to dementia and a more specific disease such as Alzheimer's.

Alzheimer's disease is a progressive and an incurable disease that begins with mild memory loss and affects a person's brain functions and thinking abilities.

A review of 43 studies found that vitamin B12 levels in patients with Alzheimer's disease was categorized in the "subclinical low-normal range."

However, it also noted, "vitamin B12 therapy does not improve cognition in patients without pre-existing deficiency".

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05/7Most common signs associated with low levels of vitamin B12

The UK's National Health Services (NHS) says that vitamin B12 deficiency can develop gradually, but may worsen if not treated on time. Some of the symptoms include:

- Fatigue or extreme tiredness
- Breathlessness
- Headaches and dizziness
- Pale skin
- Heart palpitations
- Gastrointestinal issues
- Difficulty in concentrating

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06/7Get yourself tested

Besides identifying the signs, you can also resort to a blood test to confirm your diagnosis.

According to WebMD, "You can get it anytime, and you don't need to go without food (fasting) before you do."

"A normal level of vitamin B12 in your bloodstream is generally between 190 and 950 picograms per milliliter (pg/mL). Between 200 to 300 pg/mL is considered borderline and your doctor may do more testing. Below 200 pg/mL is low and more testing is needed," the health body explains.

Foods like beef, pork, ham, poultry, lamb, fish (tuna and haddock), seafood like shellfish and crab, dairy products like milk, cheese and yogurt, along with eggs are among the best sources of vitamin B12.

Resort to supplementation only if your physician advises you to take it.

Arthritis is the condition where there is swelling in the joint areas. This condition leads to extreme pain and inflammation around the joint areas. What worsens this condition is the fact that it is almost impossible to cure it and with age the impossibility of curing it increases.

The only way that can give relief to the patients is to manage it. There are several foods, medications that can ease the pain for the patients.

One such wonder food is a type of cooking oil. It is known to reduce inflammation and thus helps in easing the pain around joint areas of those who have arthritis.

Read: Can you be asymptomatic with monkeypox? Experts answer [READMORE](#)

02/7 Which cooking oil are we talking about?

Which cooking oil are we talking about?

The wonder food that we are talking about is olive oil, especially extra virgin olive oil which is the least processed version of the oil.

To the unknowns, there are three main grades or forms of olive oil: refined oil, virgin olive oil and extra virgin olive oil.

Of all the forms, the extra virgin olive oil is considered to be the most healthy form of olive oil and is also superior in taste. It is extracted using healthy methods.

03/7 Extra virgin olive oil has anti-inflammatory properties

Extra virgin olive oil has anti-inflammatory properties

In addition to being the healthiest form of olive oil, the extra virgin olive oil has anti-inflammatory properties. It is rich in antioxidants.

One of the main antioxidants found in extra virgin olive oil is oleocanthal. As per a research study, "subsequent to its discovery and identification, oleocanthal has been reported to exhibit various modes of action in reducing inflammatory related disease, including joint-degenerative disease, neuro-degenerative disease and specific cancers."

Several studies have discussed the importance of oleocanthal as a therapeutic compound for the treatment of joint degenerative disease.

Studies have worked on the topical and oral administration of olive oil in patients suffering from arthritis.

A 2020 research study based on a randomized clinical trial, which was done in Arak, Iran found that applying topical extra virgin olive oil was effective in controlling rheumatoid arthritis manifestations.

Another study claims that the antioxidants in olive oil work similarly to the drug ibuprofen which is an anti-inflammatory pain reliever. Oleic acid is also known to reduce the amount of C-reactive protein in the blood; C-reactive protein is an inflammatory marker in arthritis conditions.

07/7 What are the other things arthritis patients should take care of?

Arthritis patients should always try to manage their weight, and should quit unhealthy lifestyle habits like smoking. Using good posture, keeping the joints moving are also equally essential. One should engage in low impact exercises and avoid high impact workouts.

Dependency on over-the-counter pain relievers should be reduced to a great extent.

## **Monkeypox**

### **Monkeypox: Patient shares horrific experience of developing 'large puss-filled bumps' on face (Times of India:20220804)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/monkeypox-patient-shares-horrific-experience-of-developing-large-puss-filled-bumps-on-face/photostory/93318171.cms>

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02/6 Lake Javan's excruciating symptoms

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Union Health Minister Mansukh Mandaviya said in Parliament, “Eight cases have been detected in the country so far, of whom five have a history of foreign travel. They have travelled from Dubai or Sharjah.”

## **Bowel cancer**

### **Bowel cancer signs: Why everyone needs to know about the 'BCA' signs that signals growth of tumour (Times of India:20220804)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/bowel-cancer-signs-why-everyone-needs-to-know-about-the-bca-signs-that-signals-growth-of-tumour/articleshow/93311704.cms>

The best way to self-diagnose prostate cancer is by getting an at-home PSA blood test. You can always refer to list of symptoms that arise with the disease. If you feel something is out of

order, see a physician for a digital rectal exam, wherein they will examine your prostates for any lumps.

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The thing that pandemic has taught us above all is to keep our health first. And to do that, it is crucial to know how our body functions and notice little changes to know when you need attention.

Among the many scary cancers, bowel cancer or colon cancer is a common cancer in India and worldwide. But did you know there is actually a way you can keep a check on your body to know your risks? The method is known as BCA.

B stands for 'bleeding from your bottom so always check after using toilet'

C stands for change in normal bowel habits that can last for more than 3-4 weeks

A stands for abdominal pain accompanied by severe fatigue and a feeling of a lump in one's tummy.

If these signs persist for more than 3 weeks, it's time for you to consult your doctor. We all know early diagnosis can save lives so it's best to sound off your symptoms to your doctor.

Bowel cancer can also lead to unexplained weight loss without any effort. So one may not have changed the diet or done more physical activity, but still they may be losing kilos. Many a times bowel cancer also doesn't allow one to feel fully relieved after emptying their bowel. They continue to feel like their stomach wasn't fully emptied.

While this cancer is more common among people above 50, it can also occur at a younger age. There is ongoing research globally at the Institute of Cancer Research to develop a blood test that will help detect bowel cancer in its early stages, especially in those who have irritable bowel syndrome (IBS). This will cut down the need for invasive colonoscopies.

## **Vaccination**

### **Why is it too early to talk about mass vaccination against Monkeypox? (Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health-specials/monkey-pox-mass-vaccination-against-monkey-pox-8059417/>

Why is it too early to talk about mass vaccination against Monkeypox?

Epidemiologist Dr. R Gangakhedkar explains how the disease spreads, what preventive measures are necessary, and whether men are at a higher risk of contracting the infection

Dr R Gangakhedkar is a part of the World Health Organisation's (WHO's) scientific advisory group on origins of novel pathogens.

Dr Gangakhedkar was the head of the department of epidemiology and communicable diseases at the country's apex Indian Council of Medical Research (ICMR) at the beginning of the COVID-19 pandemic. He is also a part of the World Health Organisation's (WHO's) scientific advisory group on origins of novel pathogens. He has been working on HIV/AIDS since the

1980s, contributing significantly towards the national policies in place today. He was also instrumental in handling the Nipah virus outbreak in Kerala in 2018.

## **Heart attack**

### **How to minimise risks of a surprise heart attack and young deaths (Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health-specials/minimise-surprise-heart-attack-young-deaths-8067928/>

Sudden attacks are caused by smaller blockages. These are “clinically silent” and do not restrict blood flow but cause problems if they break apart. This initiates blood clotting mechanisms to “repair” the injury from the plaque disruption that often result in blockage, says Tushar Gore

Going beyond the cliched recommendations requires understanding the mechanism of these unexpected heart attacks.

I had a major heart attack when I was 39. It was completely unexpected because I had never noticed any symptoms and all the prior annual blood tests and physicals had not alerted me to any immediate risks. This is still an unsolved problem – the heart attack is the first shocking revelation of the underlying disease for many young and seemingly fit individuals. (The deaths of young public figures in the past few years serve as a jarring reminder.) Asymptomatic and otherwise fit individuals, as they approach middle age, worry about the risk of such a sudden event. Surprisingly, the commonly available information on heart attack risk reduction for this population is still mostly limited to major lifestyle changes such as diet, exercise, and smoking cessation. Sometimes counter-productive unnecessary testing is also recommended.

## **Caffine**

### **HealthHere's how you can cut down on caffeine (Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health/heres-how-you-can-cut-down-on-caffeine-8059607/>

Here's how you can cut down on caffeine

"Excess caffeine can cause insomnia, restlessness, nausea, and increased heart rate. Also, one must avoid it during the pregnancy," said Dr Jyoti Khanijoh

coffeeAccording to Smitha Shetty, a lifestyle nutritionist, there can be no real substitute for caffeine. (Source: Getty Images/Thinkstock)

Many of us like to start our day with a piping hot cuppa for that instant kick. But, it must be known that while caffeine present in beverages like tea and coffee acts as a natural stimulant that boosts mood and brain function when taken in the recommended amount, an excess can lead to various health-related problems

## **Thrombocytopenic**

**All about immune thrombocytopenic purpura, the rare blood disorder Mandy Moore suffers from**

**The actor opened up about her autoimmune disorder due to which she will not be able to conceive an epidural during childbirth (Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health/mandy-moore-immune-thrombocytopenic-purpura-rare-blood-disorder-causes-symptoms-child-birth-unmedicated-delivery-8064021/>

mandy mooreMoore will have an unmedicated delivery due to the blood disorder (Source: Mandy Moore/Instagram)

Mandy Moore, who is all set to welcome her second child with husband Taylor Goldsmith this fall, revealed that she will have an unmedicated delivery. The actor opened up about her autoimmune disorder called immune thrombocytopenic purpura (ITP) due to which she will not be able to get an epidural during childbirth.

## **Health ministry**

**Health ministry releases dos and don'ts to prevent contracting monkeypox  
The ministry advised not to wash soiled linen or laundry of patients and those of non-infected persons together, and avoid public events even if you only exhibit symptoms of the disease (Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health/health-ministry-dos-and-donts-prevent-contracting-monkeypox-8067915/>

MONKEYPOXFollow these guidelines to stay safe (Source: Getty Images/Thinkstock)  
With rising cases of monkeypox in the country, the Union health ministry on Wednesday released a list of dos and don'ts to avoid contracting the disease.

## **Breastfeeding Awareness Week**

**Breastfeeding Awareness Week: Who is a lactation consultant and when to see one?**

**A lactation expert is usually needed in the first few weeks after delivery, when your baby is still learning how to feed themselves from your breast, says an expert(Indian Express:20220804)**

<https://indianexpress.com/article/lifestyle/health/breastfeeding-awareness-week-lactation-consultant-health-baby-8063493/>

Breastfeeding Awareness Week, breastfeeding, breastfeeding mothers, breastfeeding issues, breastfeeding problems, lactation consultant, breast milk, newborn, indian express news You can experience breast engorgement in the early days of breastfeeding, with swelling, tightness and increased size of breasts. (Photo: Getty/Thinkstock)

Many nursing mothers go to a lactation consultant, who is a health professional specialising in breastfeeding. They offer advice, support and guidance to women who choose to breastfeed.

## **Monkeypox guideline**

**Centre releases monkeypox guide (The Hindu:20220804)**

<https://www.thehindu.com/sci-tech/health/health-ministry-close-contact-with-infected-persons-is-the-most-significant-risk-factor-for-monkeypox-virus-infection/article65720523.ece>

Close contact is the biggest risk factor, says the Health Ministry. During human Monkeypox outbreaks, close contact with infected persons is the most significant risk factor for Monkeypox virus infection, said the Health Ministry, on Wednesday, while releasing a one-page guide on dos and don'ts for Monkeypox. It warned that healthcare workers and household members are at a greater risk of infection.

## **Monkeypox**

**Monkeypox: Central Govt constitutes task force to take a call on vaccination of close contacts (The Hindu:20220804)**

<https://www.thehindu.com/news/national/monkeypox-central-govt-constitutes-task-force-to-take-a-call-on-vaccination-of-close-contacts/article65717128.ece>

Health Minister says disease is not new and there is no need to panic

The Central Government-constituted task force on Monkeypox will take a call on vaccinating close contacts of those who have tested positive for the virus and as of now there are no specific

plans to vaccinate any segment of the population, said a senior Health Ministry official on Tuesday.

This follows Union Health Minister Dr. Mansukh Mandaviya's statement in Rajya Sabha on Tuesday where he said that India has 8 positive (5 in Kerala and 3 in Delhi) confirmed cases of the virus and that the country has initiated strict surveillance and contact tracking.

"The disease is not new and nothing to panic about," added the Minister

Stating that the Monkeypox virus strain has been isolated by the Indian Council of Medical Research (ICMR), which has also floated an expression of interest for the development of vaccine and diagnostics kits, the Minister said that the World Health Organization is not currently recommending mass vaccination for Monkeypox.

Dr. Pragya D. Yadav from maximum containment laboratory, ICMR-National Institute of Virology, Pune, said that India currently doesn't have a smallpox vaccine.

## ALSO READ

Explained | All we know about the monkeypox virus outbreak so far

Elaborating on the availability of vaccines for Monkeypox, Dr. Poonam Khetrpal Singh, regional director World Health Organization, South-East Asia Region said that it will take some time to fully assess what is available and how these vaccines can be used to greatest effect.

"There is a vaccine for monkeypox recently approved by some countries for which supplies are limited. Some countries may hold smallpox vaccine products which could be considered for use according to national guidance," said Dr. Singh.

She added that vaccine products may be available in limited quantities through national authorities, depending on the country.

Many years of research have led to the development of new and safer (second- and third-generation) vaccines for smallpox, some of which may be useful for monkeypox and one of which has been approved for prevention of monkeypox.

This vaccine is based on a strain of vaccinia virus (known generically as modified vaccinia Ankara Bavarian Nordic strain, or MVA-BN). This vaccine has been approved for the prevention of monkeypox in Canada and the United States of America, explained Dr. Singh.

Also, a senior paediatrician, who works with India's immunisation policy but declined to be identified, said that India didn't have a smallpox vaccine.

"In the early 80s, a decision was taken to stop vaccinating children with the smallpox vaccine because the disease had been eradicated and the allergic reactions it provoked were painful," the person told The Hindu.

"The two vaccines now available are for smallpox but we don't know if this will be effective for monkeypox. However, it shouldn't be a challenge for India to import these vaccines if necessary at short notice."

The monkeypox virus: origin, symptoms and vaccine

In 2019, the United States Food and Drugs Administration (FDA) approved the JYNNEOS vaccine for the prevention of smallpox, monkeypox and other diseases caused by orthopoxviruses, including vaccinia virus, in adults 18 years of age and older and categorised as having a “high risk of infection”.

These include contacts of those who have been confirmed to have contracted a monkeypox infection, sexual partners (with contact within previous two weeks) of those confirmed with an infection and those whose immune systems are compromised.

As of July 29, doses were available in Brazil, Canada (Toronto, Montreal,) Cyprus, Democratic Republic of Congo, Denmark, Europe, France, Germany (Berlin), Israel, Mexico, Nigeria, Portugal (Lisbon), Scotland, Spain (Madrid) and the U.K. (London) with the company claiming to have delivered around 300,000 doses.

Meanwhile, the Minister said that India is taking a step-by-step approach and is implementing the best of the learnings that were gained due to coronavirus.

“When cases started appearing in the world, India had already started preparations. Before the first case in Kerala, we had issued guidelines to all the states. We have written to the governments at the international level that the screening report of the travellers should also be sent to us,” the Minister told Rajya Sabha.

## **Active COVID-19 cases in country dip to 1,39,792**

## **Active COVID-19 cases in country dip to 1,39,792(The Hindu:20220804)**

<https://www.thehindu.com/news/national/active-covid-19-cases-in-country-dip-to-139792/article65714684.ece>

A health staff spraying disinfectant outside the COVID isolation ward as people wait to get COVID tests done at King George Hospital in Visakhapatnam on Thursday, July 28, 2022.

A health staff spraying disinfectant outside the COVID isolation ward as people wait to get COVID tests done at King George Hospital in Visakhapatnam on Thursday, July 28, 2022. | Photo Credit: Deepak K. R.

A decrease of 4,197 cases has been recorded in the active COVID-19 caseload in a span of 24 hours

With 13,734 new coronavirus infections being reported in a day, India’s tally of COVID-19 cases has risen to 4,40,50,009, according to the Union Health Ministry data updated on Tuesday.

The death toll has climbed to 5,26,430 with 27 new fatalities, the data updated at 8 a.m. stated.

The active cases have declined to 1,39,792. They comprise 0.32% of the total infections, while the national COVID-19 recovery rate was recorded at 98.49%, the ministry said.

A decrease of 4,197 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19. The country crossed the grim milestone of two crore on May 4 and three crore on June 23 last year. It crossed the four-crore mark on January 25 this year.

## PCOS diet tips

### PCOS diet tips: लेडीज पीसीओएस में खाएं ये 5 बीज, Irregular periods के साथ काबू में रहेंगे ये 8 लक्षण (Navbharat Times :20220804)

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-ncbi-these-5-seeds-are-good-for-women-suffering-from-pcos-or-polycystic-ovary-syndrome/articleshow/93338026.cms?story=1>

How do u know when u have PCOS: महिलाओं में अनियमित या पीरियड्स का नहीं आना PCOS के प्रमुख लक्षण होते हैं। इसके अलावा मुंहासे, चेहरे या शरीर के बालों का अधिक बढ़ना, सर के बालों का झड़ना, या रक्त में टेस्टोस्टेरोन और इसी तरह के हार्मोन का उच्च स्तर भी पीसीओएस होने के संकेत देता है। इन्हें कंट्रोल करने में ये 5 बीज आपकी मदद कर सकते हैं।

according to ncbi these 5 seeds are good for women suffering from pcos or polycystic ovary syndrome

PCOS diet tips: लेडीज पीसीओएस में खाएं ये 5 बीज, Irregular periods के साथ काबू में रहेंगे ये 8 लक्षण

पॉलीसिस्टिक ओवरी सिंड्रोम (PCOS) महिलाओं में होने वाली गंभीर स्थिति है, जो अनियमित पीरियड्स, वजन की समस्याओं के साथ-साथ हार्मोनल गड़बड़ी संबंधित होती है। एनसीबीआई की रिपोर्ट के अनुसार, दुनिया की 4-20 प्रतिशत महिलाओं (पीरियड्स होन वाली महिला) को पीसीओएस की समस्या होती है। पीसीओएस से पीड़ित महिलाओं को टाइप 2 मधुमेह, उच्च रक्तचाप, हृदय की समस्याएं और एंडोमेट्रियल कैंसर होने का खतरा अधिक होता है।

हेडफोन्स, स्पीकर्स.. ऐमर्जन पर 6-10 अगस्त तक फ्रीडम सेल, बंपर ऑफर्स |

पीसीओएस होने का सटीक कारण अभी तक नहीं पता लगा पाया गया है। लेकिन कुछ प्रमाण के अनुसार इसमें आनुवंशिकी मुख्य भूमिका निभाते हैं। इसके अलावा PCOS होने की वजह एण्ड्रोजन नामक पुरुष हार्मोन का उच्च स्तर भी होता है। उच्च एण्ड्रोजन स्तर अंडाशय को अंडे (ओव्यूलेशन) को रिलीज करने से रोकता है, जो अनियमित पीरियड्स का कारण बनता है।

पीसीओएस से पीड़ित महिलाओं को भरपूर मात्रा में नट्स, बीज, फैटी एसिड और ओमेगा -3 जैसे आवश्यक पोषक तत्वों से भरपूर खाद्य पदार्थों को खाने की सलाह दी जाती है। नट और बीज नियमित रूप से हार्मोनल कामकाज के साथ-साथ वजन में उतार-चढ़ाव का नियंत्रित करने का काम करते हैं।

तिल के बीज से कम होते हैं PCOS के लक्षण

-pcos-

नेशनल लाइब्रेरी ऑफ मेडिसिन की एक स्टडी से पता लगता है कि PCOS में तिल के बीज खाना सेहतमंद होता है। सफेद और काले तिल में पोटेशियम, हार्मोन को नियंत्रित करने वाले मैग्नीशियम, और जिंक के सहायक अंश होते हैं। यह कैलोरी में भी काफी कम है, जो इसे आपके वजन को भी प्रबंधित करने का एक अच्छा विकल्प बनाता है। आयुर्वेद में तिल के बारे में इसके गर्मी पैदा करने वाले लाभों के लिए जाना जाता है।

PCOS के प्रभाव को कम करता है अलसी के बीज

pcos-

ओमेगा -3 और आहार फाइबर में शक्तिशाली, अलसी के बीज पीसीओडी और पीसीओएस से जुड़े दुष्प्रभावों को नियंत्रित करने में मदद करते हैं। यह शरीर में एक एंटीऑक्सिडेंट की आपूर्ति करता है जिसे लिग्नन के रूप में जाना जाता है। जो शरीर में एस्ट्रोजन उत्पादन को विनियमित करने, अच्छी प्रजनन क्षमता को बढ़ावा देने और मासिक धर्म को नियंत्रित करने का काम करता है।

PCOS में खाना चाहिए कद्दू के बीज

pcos-

एनआईएच में प्रकाशित स्टडी के अनुसार, पीसीओएस से पीड़ित महिलाओं के लिए कद्दू के बीज बहुत फायदेमंद होता है। कद्दू के बीज हर लड़की के लिए बहुत मददगार हो सकते हैं। मैग्नीशियम से भरपूर कद्दू के बीज न केवल एंड्रोजन होने पेन किलर का काम करते हैं, बल्कि पीरियड्स को रेगुलेट करते हैं। इसे पीसीओडी से लड़ने वाले एजेंट के रूप में भी जाना जाता है। साथ ही इसमें एक एंजाइम, 'बीटा-साइटोस्टेरोल' होता है जो पीसीओडी के वजन से बालों के झड़ने को कम करने में मदद करता है। इसके अलावा शरीर को आवश्यक फैटी एसिड की आपूर्ति भी करता है।

PCOS में खाएं सूरजमुखी के बीज

pcos-

सूरजमुखी के बीज 100 विभिन्न प्रकार के एंजाइमों से भरपूर होते हैं। जो शरीर में हार्मोनल संतुलन को नियंत्रित करते हैं। बीजों में मौजूद एंजाइम एस्ट्रोजन और प्रोजेस्टेरोन के उत्पादन को संतुलित कर सकते हैं और प्रीमेस्ट्रुअल सिंड्रोम, थायरॉइड के लक्षणों को प्रबंधित करने में मददगार साबित होते हैं। साथ ही मॉर्निंग सिकनेस को भी रोकते हैं जो अक्सर गर्भावस्था के पहले तिमाही के दौरान होती है। बीजों में मौजूद विटामिन बी6 शरीर के संतुलन को बढ़ावा देने, प्रोटीन और चयापचय को संश्लेषित करने में मदद करता है।

मूंगफली है PCOS में फायदेमंद

-pcos-

नियमित रूप से मूंगफली खाने से कोलेस्ट्रॉल के स्तर के साथ-साथ हानिकारक रूप से उच्च एण्ड्रोजन का स्तर भी कम होता है जो अंडाशय को अंडे रिलीज करने से रोकता है। इससे अतिरिक्त हेयर ग्रोथ और अन्य हार्मोनल समस्याएं को पैदा करता है, जो पीसीओएस में योगदान करती है।

## Osteoporosis

**Osteoporosis: एक ऐसा रोग जिसमें हल्का झटका भी तोड़ देगा आपकी हड्डियां, डॉक्टर से जानिए बचने के 4 उपाय(Navbharat Times :20220804)**

<https://navbharattimes.indiatimes.com/lifestyle/health/on-bone-and-joint-day-doctor-tell-what-is-osteoporosis-causes-symptoms-prevention-and-risk-factors/articleshow/93334534.cms?story=9>

बोन एंड जॉइंट डे (Bone and Joint Day) के अवसर पर डॉक्टर ने बताया कि हड्डियों की सेहत पर ध्यान नहीं देने से आपको ऑस्टियोपोरोसिस (Osteoporosis) जैसा गंभीर रोग हो सकता है, जिसमें हड्डियां बहुत ज्यादा कमजोर हो जाती हैं और फ्रैक्चर का खतरा बढ़ जाता है।

on bone and joint day doctor tell what is osteoporosis causes symptoms prevention and risk factors

**Osteoporosis:** एक ऐसा रोग जिसमें हल्का झटका भी तोड़ देगा आपकी हड्डियां, डॉक्टर से जानिए बचने के 4 उपाय

ऑस्टियोपोरोसिस (Osteoporosis) ऐसा रोग है, जो हड्डियों के हास से जुड़ा है जिसके परिणामस्वरूप हड्डी टूटने (फ्रैक्चर) का जोखिम बढ़ जाता है। ऑस्टियोपोरोसिस का शाब्दिक मतलब है भुरभुरी हड्डी। यह रोग अक्सर वर्षों तक बिना सामने आए शरीर में छिपा रहता है, जिसके न तो कोई लक्षण दिखते हैं और न ही किसी और तरह की असुविधा होती है (जब तक कोई फ्रैक्चर नहीं होता)।

हेडफोन्स, स्पीकर्स.. ऐमर्जन पर 6-10 अगस्त तक फ्रीडम सेल, बंपर ऑफर्स |

हड्डियों का नुकसान और उनका विकास किसी भी व्यक्ति के सामान्य जीवन चक्र का हिस्सा होता है, लेकिन ऑस्टियोपोरोसिस की समस्या तब पैदा होती है जब हड्डियों के हास की गति हड्डियों के विकास की गति से ज्यादा होती है। ऑस्टियोपोरोसिस के कई कारण हैं

आज यानी 4 अगस्त को बोन एंड जॉइंट डे (Bone and Joint Day) के अवसर पर नोएडा स्थित फोर्टिस हॉस्पिटल में डिपार्टमेंट ऑफ ऑर्थोपिडिक एंड ज्वाइंट रिप्लेसमेंट के डायरेक्टर एवं एचोडी डॉक्टर अतुल मिश्रा आपको बता रहे हैं कि ऑस्टियोपोरोसिस के क्या कारण हैं और इससे कैसे बचा जा सकता है।

उम्र बढ़ना

उम्र बढ़ने के साथ हरेक की हड्डियों का हास होता है। 35 साल की उम्र के बाद हमारी शरीर में नई हड्डियां कम बनती हैं जो कि पुरानी हड्डियों का स्थान ले सकें। सामान्य तौर पर, आप जितने अधिक बूढ़े होते हैं, उतना ही कम बोन मास आपका होता है और ऑस्टियोपोरोसिस का जोखिम उतना अधिक हो जाता है।

आनुवंशिकी

परिवार में फ्रैक्चर होने का इतिहास, शरीर की कमजोर और छोटी संरचना, गोरी त्वचा और कॉकेशियन या एशियन नस्ल में ऑस्टियोपोरोसिस का खतरा बढ़ जाता है। आनुवंशिकी से भी यह पता चलता है कि क्यों कुछ लोगों को जल्दी ऑस्टियोपोरोसिस होता है।

पोषण और जीवनशैली

खराब खानपान, आहार में कैल्शियम की कमी, शरीर का कम वजन, व्यायामरहित जीवनशैली के कारण भी ऑस्टियोपोरोसिस का खतरा बढ़ता है, इसी तरह धूम्रपान और अत्यधिक शराब के सेवन की वजह से भी इसका जोखिम बढ़ जाता है।

दवाएं तथा अन्य रोग

ऑस्टियोपोरोसिस का नाता स्टेरॉयड्स समेत कुछ खास दवाओं और थायरॉयड सहित कुछ अन्य रोगों से भी है।

ऑस्टियोपोरोसिस कितना घातक?

ऑस्टियोपोरोसिस जनित फ्रैक्चर में प्रायः काफी दर्द, तकलीफ, विकलांगता और कई बार मृत्यु तक की आशंका रहती है। इससे कोई भी हड्डी प्रभावित हो सकती है लेकिन सबसे ज्यादा कूल्हे और मेरुदंड (स्पाइन) को खतरा होता है। इसके अलावा, ऑस्टियोपोरोसिस की वजह से कुछ लोगों का कद भी छोटा हो जाता है, शरीर झुक जाता है, या मोबिलिटी प्रभावित हो सकती है, जिसकी वजह से अलगाव अथवा अवसाद की भावना घर कर जाती है।

संतुलित खुराक लें

आपके शरीर की हड्डियों की सेहत और मजबूती संतुलित खुराक और पोषक तत्वों के नियमित सेवन पर निर्भर करती है, सबसे अधिक महत्वपूर्ण कैल्शियम और विटामिन डी हैं। बाजार में कई सप्लीमेंट्स उपलब्ध हैं जो शरीर में कैल्शियम तथा विटामिन डी की आवश्यकता को पूरा करते हैं। आपके डॉक्टर आपको आवश्यकतानुसार अच्छे सप्लीमेंट के चुनाव में मदद कर सकते हैं।

एक्सरसाइज करें

हड्डियां उन पर पड़ने वाले तनाव और उनसे की जाने वाली मांग के मुताबिक खुद को ढाल लेते हैं। जब आप अपने शरीर की मांसपेशियों पर काम करते हैं, तो वे आपकी हड्डियों पर दबाव बढ़ाती हैं। इसके परिणामस्वरूप आपके बोन टिशू खुद को ढालते हैं और अधिक मजबूत बनते हैं। इस तरह, आप अपने शरीर की हड्डियों के प्राकृतिक रूप से होने वाले हास की दर को घटा सकते हैं।

गिरने से बचें

गिरने से आपकी हड्डी टूट सकती है, खासतौर से उन लोगों की जो ऑस्टियोपोरोसिस के शिकार हैं। लेकिन खुद को गिरने से बचाकर रखा जा सकता है। अपने घर में मौजूद जोखिम के कारणों को दूर करें, जैसे गलीचों आदि के कटे-फटे होने या उनके अस्त-व्यस्त होने के कारण, उचित लाइटिंग नहीं होने पर ऐसे जोखिम बढ़ सकते हैं।

अपने शरीर की जांच करवाएं

आपको ऑस्टियोपोरोसिस है या नहीं इसकी जांच के लिए हड्डी की मजबूती की जांच जरूरी है। सबसे आम प्रकार की जांच है डुअल एनर्जी एक्स-रे एब्सॉर्प्टियोमीट्री (DXA या DEXA)। इस टेस्ट से आपकी बोन हेल्थ और ऑस्टियोपोरोसिस की वजह से फ्रैक्चर के खतरे की जांच होती है।

डिस्कलेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

## Calcium rich food

**Calcium rich food: पूरी 206 हड्डियों में कैल्शियम भरेगी ये 6 सस्ती चीजें, बुढ़ापे तक नहीं पड़ेगी सहारे की जरूरत(Navbharat Times :20220804)**

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-orthopedic-doctor-include-these-6-calcium-rich-foods-in-diet-to-make-your-bones-healthy-and-strong/articleshow/93336321.cms?story=6>

Bone and Joint Day पर ऑर्थोपेडिक डॉक्टर ने बताया है कि हड्डियों को मजबूत बनाने के लिए आपको कैल्शियम से भरपूर किन-किन चीजों को अपनी डाइट में शामिल करना चाहिए ताकि उन्हें बुढ़ापे तक किसी सहारे की जरूरत न पड़े।

according to orthopedic doctor include these 6 calcium rich foods in diet to make your bones healthy and strong

Calcium rich food: पूरी 206 हड्डियों में कैल्शियम भरेगी ये 6 सस्ती चीजें, बुढ़ापे तक नहीं पड़ेगी सहारे की जरूरत  
मजबूत हड्डियों के लिए संतुलित आहार बहुत ज्यादा जरूरी है। हड्डियों को स्वस्थ रखने के लिए मुख्य रूप से आपको पर्याप्त कैल्शियम और विटामिन डी की आवश्यकता होती है। संतुलित आहार खाने से आपको स्वस्थ हड्डियों के लिए आवश्यक सभी पोषक तत्व प्राप्त करने में मदद मिलती है।

हेडफोन्स, स्पीकर्स.. ऐमजॉन पर 6-10 अगस्त तक फ्रीडम सेल, बंपर ऑफर्स |

हड्डियों के लिए कैल्शियम एक जरूरी विटामिन है। सामान्य अवस्था में वयस्कों को एक दिन में 700 मिलीग्राम कैल्शियम की आवश्यकता होती है। इसके लिए विशेषज्ञ आपको प्रतिदिन संतुलित भोजन करने की सलाह देते हैं। दूध, पनीर और अन्य डेयरी खाद्य पदार्थ, हरी पत्तेदार सब्जियां, जैसे ब्रोकली, गोभी और भिंडी आदि, सोया सेम, मछली कैल्शियम के बढ़िया स्रोत हैं।

आज यानी 4 अगस्त को बोन एंड जॉइंट डे (Bone and Joint Day) पर दिल्ली स्थित सीताराम भरतिया इंस्टीट्यूट और होली फैमिली हॉस्पिटल में सीनियर ऑर्थोपेडिक कंसल्टेंट और जॉइंट रिप्लेसमेंट सर्जन डॉ बीरन नादकर्णी आपको बता रहे हैं कि मजबूत हड्डियों के लिए आपकी डाइट में क्या-क्या चीजें शामिल होनी चाहिए।

केला

केला मैग्नीशियम का एक अच्छा स्रोत होता है। मैग्नीशियम हड्डियों और दांतों की संरचना के निर्माण के लिए आवश्यक विटामिन है। हड्डियों को मजबूत बनाने के लिए आप रोजाना केले का सेवन जरूर करें। रोजाना एक केला कमजोर हड्डियों की समस्या को हल करने में कारगर साबित हो सकता है।

पालक

हरी पत्तेदार सब्जी जो कैल्शियम से भरपूर हों आपके दांतों और हड्डियों के निर्माण में मदद करती है। एक कप उबला हुआ पालक शरीर की दैनिक कैल्शियम की आवश्यकता का लगभग 25 प्रतिशत तक आपूर्ति कर सकता है। इन फाइबर युक्त पत्तियों में विटामिन ए और आयरन भी प्रचुर मात्रा में होता है। जिससे आपका शरीर और हड्डियां बेहतर पोषण प्राप्त कर सकती हैं।

नट्स

नट्स में कैल्शियम होता है, लेकिन इनमें मैग्नीशियम और फास्फोरस भी होते हैं, जो हड्डियों के स्वास्थ्य के लिए जरूरी हैं। मैग्नीशियम हड्डियों में कैल्शियम के अवशोषण में सहायता करता है। अगर आपको बढ़ती उम्र के साथ-साथ अपने हड्डियों को मजबूत रखना है तो नट्स बेहतर पोषण दे सकते हैं।

डेयरी उत्पाद

दूध, दही और पनीर जैसे उत्पाद में कैल्शियम भरपूर पाया जाता है। जो हड्डियों की मजबूती और संरचना के लिए सबसे महत्वपूर्ण विटामिन है। एक कप दूध और एक कप दही कैल्शियम के बेहतरीन स्रोत हैं जिनका आप प्रतिदिन सेवन कर सकते हैं।

संतरा

क्या आप जानते हैं कि ताजा संतरे का रस शरीर को कैल्शियम और विटामिन डी प्रदान करता है, जो हड्डियों को मजबूत करने में मदद करता है। यह भी कहा जाता है कि संतरे के रस का नियमित रूप से सेवन करने पर ऑस्टियोपोरोसिस का खतरा भी कुछ हद तक कम किया जा सकता है।

विटामिन डी

हमें अपने आहार से विटामिन डी सही मात्रा में प्राप्त करना मुश्किल है। इसीलिए हड्डियों की मजबूती के लिए इस विटामिन डी को हम सूरज की धूप से प्राप्त कर सकते हैं। सुबह सवेरे सूरज की गुनगुनी धूप में सैर करना सबसे बेहतर विकल्प हो सकता है। हम दैनिक सूर्य के संपर्क में रहकर सूरज की रोशनी से विटामिन डी बना सकते हैं। बाजार में विटामिन डी युक्त दवाएं भी मौजूद हैं, लेकिन उनका सेवन सिर्फ डॉक्टर की सलाह पर ही करना चाहिए।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

**Stomach cancer:** बिना महसूस हुए पेट में धीरे-धीरे बढ़ रहा डेडली कैंसर, चेहरे पर दिख रहे 4 लक्षणों से लगाएं पता(Navbharat Times :20220804)

<https://navbharattimes.indiatimes.com/lifestyle/health/4-stomach-cancer-symptoms-you-can-see-on-your-face-know-how-to-prevent-gastric-cancer/articleshow/93318764.cms?story=7>

**Early sign and symptoms of stomach cancer:** कैंसर कई तरह के होते हैं जिनमें एक पेट का कैंसर भी है। चिंता की बात यह है कि इसके शुरुआती लक्षणों का पता नहीं चल पाता है। एक्सपर्ट मानते हैं कि इसके कुछ संकेत त्वचा पर भी नजर आ सकते हैं।

**4 stomach cancer symptoms you can see on your face, know how to prevent gastric cancer**

**Stomach cancer:** बिना महसूस हुए पेट में धीरे-धीरे बढ़ रहा डेडली कैंसर, चेहरे पर दिख रहे 4 लक्षणों से लगाएं पता

कैंसर (Cancer) एक गंभीर और जानलेवा बीमारी है। कैंसर कई तरह का होता है और इन्हीं में से एक पेट का कैंसर (Stomach cancer) भी है, जिसे गैस्ट्रिक कैंसर (Gastric cancer) भी कहा जाता है। पेट में कैंसर तब बनता है, जब पेट के भीतर मौजूद कोशिकाएं असामान्य तरीके से बढ़ने लगती हैं।

हेडफोन्स, स्पीकर्स.. ऐमर्जॉन पर 6-10 अगस्त तक फ्रीडम सेल, बंपर ऑफर्स |

दुर्भाग्यवश पेट के कैंसर के संकेत या लक्षण पहले नहीं दिखते हैं। हालांकि एक्सपर्ट्स मानते हैं कि जब पेट में कैंसर होता है, तो उसके कुछ लक्षण बहारी त्वचा खासकर मुंह पर नजर आ सकते हैं। ऐसा माना जाता है कि मुंह पर दिखने वाले ये लक्षण आमतौर पर बीमारी के शुरुआती चरण हो सकते हैं।

पेट में कैंसर के गंभीर लक्षण (Symptoms of Stomach cancer) क्या हैं? गैस्ट्रिक कैंसर त्वचा की एक दुर्लभ बीमारी का कारण बन सकता है, जिसे ओफुजी (पीईओ) ऑफ पैपुलोएरिथ्रोडर्मा (Papuloerythroderma of Ofuji (PEO) कहा जाता है। चेहरे पर दिख सकते हैं पेट के कैंसर के लक्षण

चाइनीज जर्नल ऑफ कैंसर रिसर्च में प्रकाशित एक रिपोर्ट के अनुसार, इस स्थिति के लक्षण लगभग पूरे शरीर में, खासकर चेहरे पर नजर आ सकते हैं। ऐसे में आपको त्वचा पर छोटे उभरे थक्के, सूजन और त्वचा का छीलना जैसे लक्षण महसूस हो सकते हैं। इसके अलावा आपको त्वचा में खुजली भी हो सकती है।

पेट में कैंसर के लक्षण

त्वचा पर दिखने वाले लक्षणों के अलावा पेट के कैंसर के शुरुआती लक्षणों में भूख न लगना, अचानक वजन कम होना, पेट में दर्द और पेट में बेचैनी या सूजन शामिल हैं। रोग के अन्य लक्षणों में बेचैनी, अपच, मतली और उल्टी शामिल है, जो खून के साथ या बिना हो सकती है। अगर आप थोड़ा खाना खाने के बाद भरा हुआ महसूस कर सकते हैं, तो यह भी एक संकेत है। इसके अलावा कम हीमोग्लोबिन भी पेट के कैंसर का संकेत हो सकता है।

पेट में कैंसर कैसे बनाता है?

यह तुरंत नहीं बनता है बल्कि वर्षों में धीरे-धीरे विकसित होता रहता है। यह गंभीर बनने से पहले पेट की अंदरूनी परत में शुरू होता है। शुरुआत में इसके कोई लक्षण हैं दिखते हैं। यही वजह है कि इसका पता नहीं चल पाता है। पेट के कैंसर के कारण, लक्षण और परिणाम अलग-अलग हो सकते हैं। यह इस बात पर निर्भर करता है कि पेट के किस हिस्से में इसकी शुरुआत हुई थी।

शरीर में कैंसर कैसे फैलता है?

शरीर में कैंसर फैलने के तीन तरीके हैं। यदि यह टिश्यू के जरिए फैलता है, तो आसपास के हिस्सों में बढ़ने से कैंसर फैल जाएगा। दूसरा, कैंसर आपके लसीका तंत्र में प्रवेश करके जहां से शुरू हुआ था, वहां से फैल सकता है। एक बार वहां पहुंचने के बाद, यह आपके शरीर के अन्य हिस्सों में लसीका वाहिकाओं के जरिए जा सकता है। तीसरा, यदि कैंसर खून से फैलता है, तो यह आपके रक्त वाहिकाओं के जरिए शरीर के अन्य हिस्सों में जा सकता है।

गैस्ट्रिक कैंसर के कारण और जोखिम कारक

पेट के कैंसर के प्रमुख जोखिम कारकों में से सबसे प्रमुख आपका खाना-पीना है। नमकीन, मसालेदार और भुनी हुई चीजें पेट के कैंसर के जोखिम को बढ़ा सकती हैं। इनके अलावा फल-सब्जियों का कम सेवन भी इसके रिस्क से जुड़ा है। हालांकि लगातार पेट की पुरानी जलन या सूजन, पेट की पिछली सर्जरी या बीमारी का पारिवारिक इतिहास भी शामिल है। गैस्ट्रोओसोफेगल रिफ्लक्स डिजीज, मोटापा और स्मोकिंग भी गैस्ट्रिक कैंसर की संभावना को बढ़ा सकते हैं।

डॉक्टर के पास कब जाएं?

अगर आपको अक्सर पेट में दर्द या सूजन महसूस होती है, तो आपको तुरंत जांच करानी चाहिए। बहुत से लोग इन लक्षणों को नजरअंदाज कर देते हैं। वास्तव में सही जांच के जरिए ही इसका पता लगाया जा सकता है।

पेट के कैंसर को कैसे रोके?

रंग-बिरंगे फलों और हरी सब्जियों का सेवन करने से पेट के कैंसर का खतरा कम हो सकता है। इसके अलावा साबुत अनाज जैसे कि साबुत अनाज की रोटी, अनाज, पास्ता और चावल डाइट में शामिल करें। शराब और टमाटर से बने उत्पादों से भी परहेज करना चाहिए। मसालेदार भोजन, मांस और मछली से परहेज भी बेहतर उपाय है। धूम्रपान छोड़ने से पेट के कैंसर के खतरे को भी रोका जा सकेगा।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

अंग्रेजी में इस स्टोरी को पढ़ने के लिए यहां क्लिक करें

**Doctors (Dainikn Bhaskar: :20220804)**

<https://epaper.bhaskar.com/detail/1495044/7902637929/mpcg/04082022/194/image/>

# भास्कर ब्रेकिंग • पीजी मेडिकल सीटें एमबीबीएस के बराबर करने की तैयारी देश में अब हर साल एक लाख नए विशेषज्ञ डॉक्टर बनेंगे, अभी 50 हजार भी नहीं बनते

नीति आयोग, केंद्रीय स्वास्थ्य मंत्रालय और वित्त मंत्रालय ने मिलकर तैयार किया खाका

पवन कुमार | नई दिल्ली

मामूली सर्दी-जुकाम में भी लोग अब विशेषज्ञ डॉक्टर से ही इलाज कराना चाहते हैं। इसी बात को ध्यान में रखते हुए केंद्र सरकार ने हर साल दोगुने विशेषज्ञ डॉक्टर तैयार करने की योजना पर काम शुरू कर दिया है। इसके लिए देश में एमबीबीएस सीटों को तो ज्यादा नहीं बढ़ाया जाएगा, लेकिन पीजी की सीटों को दोगुना कर एमबीबीएस सीटों के बराबर कर दिया जाएगा। अभी देश के मेडिकल कॉलेजों में एमबीबीएस की कुल सीटें 91,927 हैं, जिन्हें 1.10 लाख करने का लक्ष्य है। इतनी ही सीटें पीजी की होंगी, जो अभी 55 हजार हैं। लेकिन, मनपसंद विषय नहीं मिलने की वजह से 50 हजार सीटें भी नहीं भर पातीं। लेकिन, अब पीजी सीटें बढ़ने के बाद एमबीबीएस पास करने के बाद हर डॉक्टर के पास पीजी करने का मौका होगा। नीति आयोग, स्वास्थ्य मंत्रालय के नेशनल बोर्ड ऑफ एग्जामिनेशन और वित्त मंत्रालय ने इस योजना का खाका बनाना शुरू कर दिया है।

## निजी अस्पतालों में भी बनेंगे विशेषज्ञ, स्टापेंड सरकार देगी

केंद्र सरकार का अनुमान है कि अगर पीजी सीटें बढ़ाकर दोगुनी कर दी जाती हैं तो अगले 5-7 साल में देश में विशेषज्ञ डॉक्टरों की कमी दूर हो जाएगी। इसके लिए सरकारी अस्पतालों में तो पीजी सीटें बढ़ाई ही जाएंगी, साथ में बड़े निजी अस्पतालों में डीएनबी कोर्स के माध्यम से विशेषज्ञ डॉक्टर तैयार किए जाएंगे। अभी भी देश में 12 हजार डीएनबी सीटें हैं। यहां से विशेषज्ञ बनने वाले डॉक्टरों को निजी अस्पतालों

में स्टापेंड नहीं दिया जाता है या कम दिया जाता है। इस वजह से सीटें नहीं बढ़ पा रही हैं। अब सरकार इसे लेकर नीतिगत निर्णय ले सकती है। सूत्र बता रहे हैं कि निजी अस्पतालों से डीएनबी कोर्स करने वाले डॉक्टरों के लिए सरकार ही स्टापेंड देना शुरू करेगी। यह राशि अस्पतालों को उनके यहां भरी गई पीजी सीटों के आधार पर मिलेगी। इस तरह डीएनबी सीटों को बढ़ाकर 25 हजार करने की तैयारी है।

### 100 से ज्यादा बेड वाले अस्पतालों में डीएनबी कोर्स कराए जा सकेंगे

पीजी कोर्स कराने के लिए निजी अस्पतालों के अलावा ईएसआईसी, आर्मी और पीएसयू के अस्पतालों को भी शामिल किया जाएगा। 100 से ज्यादा बेड वाले अस्पताल में डीएनबी कोर्स की अनुमति दी जाएगी। इसमें 2 साल का डिप्लोमा और 3 साल का डीएनबी कोर्स शामिल होगा। डिप्लोमा करने वाले डॉक्टर नॉन टीचिंग रहेंगे, जबकि डीएनबी वाले टीचिंग कैडर में शामिल किए जाएंगे।

### अभी देश के सरकारी अस्पतालों में विशेषज्ञों के 80% पद खाली

देश के सरकारी अस्पतालों में विशेषज्ञ डॉक्टरों के 80% पद खाली पड़े हैं। कम्यूनिटी हेल्थ सेंटर (सीएचसी) में स्त्री और प्रसूति रोग विशेषज्ञों के 69% पद खाली हैं। इसी तरह सर्जरी विभाग में 78.85%, बाल रोग विभाग में 78% पद खाली पड़े हैं। देश के 19 एम्स में प्रोफेसर्स के 2,227 पद, सीनियर रेसिडेंट के 1,036 और जूनियर रेसिडेंट के 345 पद नहीं भरे जा सके हैं।